

Strategies for Managing Diabetes in Older Adults

Wednesday, October 4, 2006

1:00 pm – 4:00 pm

SAFECO Jackson Street Center

306 23rd Avenue S., Seattle, WA 98144

1 block north of the intersection of 23rd & Jackson
(behind Hollywood Video) - Phone: (206) 545-6111

Workshop Summary

Nearly 20% of people age 65 years and older have diabetes, a condition that -- if not carefully managed -- can lead to problems with vision, kidney and cardiovascular function. Recent research has even linked diabetes to Alzheimer's disease. A condition with such systemic effects needs a multi-faceted treatment approach. In this workshop, a multi-disciplinary team of experts will explore various strategies, including exercise, medication compliance, nutrition and other life-style approaches to manage this very complex disease.

Presenter

Dr. John Espinola, MD, MPH, MBA is a board certified internist and geriatrician. His co-presenters will also include a pharmacist and diabetes educator for a multi-disciplinary perspective.

3 Hours
Continuing Ed Credits Approved by
Professional Guardian Board. Meets many facility and
professional licensing & certification board
requirements.

REGISTER BEFORE
SEPTEMBER 18
TO RECEIVE
**\$15 OFF THE
REGISTRATION FEE!**

Thanks to Evercare, our workshop sponsor for providing a special discounted registration fee and a diabetes resource kit or each workshop participant!



Offering a health plan for seniors, 65 and older, who are eligible for Medicare & Medicaid and who live in King and Pierce Counties. Evercare helps address complete healthcare needs by blending Medicaid and Medicare benefits.

For more information, please call Rosemary Coleman at (206) 364-2585.

Seminar Registration Form – Strategies for Managing Diabetes in Older Adults

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|--|-------------|---|--|
| Name _____ | | Name _____ | |
| Name _____ | | Name _____ | |
| Organization _____ | | Street Address _____ | |
| City, State, Zip _____ | | E-mail _____ | |
| Contact Person _____ | Phone _____ | Fax _____ | |
| <input type="checkbox"/> We're 2006 members of WADSA | | <input type="checkbox"/> I'm a family caregiver _____ (initial) Amount Enclosed: \$ _____ | |

Register on-line using a credit card at www.adulthood.org

or send check & registration to: WADSA, 85 S. Washington, Suite 314, Seattle, WA 98104

Registration Fee:
\$50/person

**\$35 before
9/18/06!**

WADSA Members &
King County
ADS Staff:
Register 2 for the
price of 1!

Family Caregivers:
\$30 per person
\$15 before 9/18/06

Questions? Call Washington Adult Day Services Association: 206-461-3899 or 1-888-60-WADSA. FAX: 206-461-3218.
Refunds may be issued only for cancellations received no later than 48 hours prior to the seminar.